Sweeten your salad

Toss some strawberries, cinnamon almonds with spinach PAGE 11

YOUR GUIDE TO COMIC-CON

HOLLYWOOD'S TAKING OVER SAN DIEGO WITH ZOMBIES, A HOBBIT AND MUCH MORE PAGE 8

LONDON metro®

Tuesday, July 10, 2012

News worth sharing.

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MOVING ON UP

The newest Florida Panther, Michael Houser, chats with London Knights goaltending coach Bill Dark during a practice prior to the 2012 Memorial Cup in May. For more coverage on Houser's NHL contract, see page 2. JOHN MATISZ/METRO FILE

Concerts pass first test to rock louder

Scot-free. Sunfest avoids fines; other festival organizers hoping for the same

In defence

"It is truly impossible to keep dynamic music within a specific decibel limit. There are always moments when that will be broken."

Alfredo Caxaj, Sunfest artistic director

AMANDA GRANT
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One down, a lot more to go.

London's new bylaw designed to let festivals rock louder — and avoid fines — has passed its first test.

Sunfest, which wrapped up a four-day stint at Victoria Park on Sunday, sailed through with flying colours, city officials said.

Council approved the bylaw June 26 after nearly a month of discussion. Under the new rule, each performer is allowed to crescendo over the 90-decibel limit five times during a show before facing sanctions.

Under the old bylaw, one tick over the 90-decibel mark meant forfeiting a $500 noise deposit.

Orest Katolyk, London's bylaw enforcement manager, didn't have details Monday about noise readings taken over the weekend.

But, he said Sunfest, which exceeded the limit 10 times last year, passed this year's trial loud and clear.

"There will always be bands on stage and moments when things will peak," he said. "But there needs to be a reasonable balance between having a successful festival and having respect for residents in the downtown."

Catherine McInnes, artistic director of the Home County Music & Art Festival, hopes Sunfest's good fortune will carry over to her event, slated for July 20 to 22.

Home County exceeded the 90-decibel limit three times in 2011 and lost their deposit. Under the new rule, the festival wouldn't have been sanctioned, McInnes said.

Still, McInnes plans to monitor the festival's decibel level as best she can — camping out at the sound booth while all headliners are on stage.

"It's not a reasonable cost for the festival to incur," McInnes said about penalties. "We're going to be vigilant this year."

1 NEWS

On the web

Toddler deaths have common link

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at metronews.ca.

Bulls on the run

Thousands of gutsy runners are taking part in the annual San Fermin Running of the Bulls festival in Pamplona, Spain. Watch a slideshow of photos from the festival, which runs until July 14, at metronews.ca.

Mobile news

Something alarming is invading the Calgary Stampede midway, known to some as Heart Attack Alley. Known for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.

Goalie signs with Cats

Michael Houser looks to be pro-bound. Best goaltender in London Knights history has signed NHL contract

Michael Houser
CONTRIBUTED

JOHN MATISZ
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It appears Michael Houser has played his final game in the Ontario Hockey League.

The owner of the London Knights all-time wins record has signed with the Florida Panthers of the National Hockey League.

"Let's just say he's not expected to be back in London," Knights goaltending coach Bill Dark told Metro on Monday.

Houser, 19, was in Coral Springs, Fla., for the Panthers' summer development camp July 2 to July 6.

Houser is declining media requests as his agent, Paul Capizzano of MFIVE Sports, continues to work out contractual details with Florida management.

After NHLers Jose Theodore, Scott Clemmensen, and Jacob Markstrom, the Panthers goaltending depth chart is thin, which will help Houser turn pro immediately, Dark says.

He'll likely play for one of two affiliate teams — the Cincinnati Cyclones of the East Coast Hockey League or the San Antonio Rampage of the American Hockey League — in the fall.

Since the 2009-10 season, Dark has worked closely with the undrafted OHLer hailing from Wexford, Pa.

And while his dominance in the OHL certainly didn't come overnight, his mentor knew Houser's burning desire would pay off one day.

"One of the things I did see from the beginning was how he had the ability to win hockey games," Dark said. "He refused to lose."

A 2011-12 campaign for the ages (46 wins, a .925 save percentage, and six shutouts in a 62-game regular season) and the hardware to back it up (awarded both CHL goaltender of the year and OHL most outstanding player trophies) still wasn't enough to convince scouts and executives at last month's NHL draft.

In Pittsburgh, 30 NHL teams took a pass on Houser for the third consecutive year.

"If I had a dollar right now for every time someone asked, 'How did Michael Houser not get drafted?' I'd be rich," Dark said.

It remains to be seen what kind of trickle effect this will have on the Knights.

Making a trade for a stud goaltender seems likely, as Dark said it doesn't look like any of the current backups could succeed in the starting spot.

Replacement options for the Knights

- **Tyson Teichmann, 19:** 2011-12 for Knights and Erie Otters: 21 GP, 2-16, 5.10 GAA, .871 SV%
- **Jake Patterson, 18:** 2011-12 for Knights: 6 GP, 2-2, 1.85 GAA, .929 SV%
- **Liam Herbst, 15:** Has not played an OHL game

Habs forward helps out hometown cause

Montreal Canadiens forward Brandon Prust, left, leans against the ATN Access for People with Disabilities-sponsored race car with Vicki Mayer, the agency's executive director, during a Monday fundraiser at the Forest City National Golf Club. Prust, a former London Knight and London native, has been involved with the annual golf tournament for the past eight years. The event raises money for ATN, which provides computer training and computer-assisted learning to people with disabilities. JOHN MATISZ/METRO

Failed fire inspections. Violations net stiff fines

Two property-management companies and a local restaurant are facing significant fines for fire-code violations.

During scheduled inspections, the London Fire Department found multiple violations at four Huron Street apartment buildings operated by Terra Corp. Management Inc. Violations were found at three Kipps Lane buildings operated by Transglobe Property Management Services Ltd.

Marino's Pizzeria and Bar (1066 Adelaide St. N.) also was cited.

The cases were taken to provincial court last week.

Cost of not being up to code

$101,000

Combined fines levied against property-management companies, restaurant for fire-code violations.

"These significant fines demonstrate the commitment by the London Fire Department, the provincial courts and the province of Ontario toward making the province and the city of London fire safe," fire chief John Kobarda said in a statement. METRO

Smackdown tour

WWE coming to JLC this fall

The WWE Smackdown World Tour is coming to London on Sept. 23.

Stars such as Randy Orton, Sheamus and Cody Rhodes will put the hurt on during a 3 p.m. show at the John Labatt Centre. METRO

How to buy tickets

- Tickets start at $15 and go on sale at 10 a.m. Saturday.
- Visit johnlabattcentre.com for more details.

Stolen bicycle

Teens arrested in Grand Bend

Three London teens are facing theft and drug charges after police said they stole a bicycle Sunday in Grand Bend.

OPP officers were patrolling about 4 p.m. when they saw the trio push the bike into an alley and walk away.

Under questioning, the teens refused to give their names and denied knowing anything about the bicycle, police said. They were arrested, and officers said drugs were found when the teens were searched.

They cannot be named because they are young offenders. METRO

Walpole Island

Assault lands cab driver in hospital

A cab driver is listed in critical condition at a London hospital after being attacked about 3 a.m. Sunday.

Police say the driver was assaulted after dropping a fare off on Walpole Island, a First Nation reserve on Lake St. Clair near the Ontario-Michigan border.

He was found about four hours later by a passerby. THE CANADIAN PRESS

For more local news, visit metronews.ca

Star attraction. Alec Baldwin to speak at Western event

Actor Alec Baldwin will be the featured guest at Western University's Leaders in Innovation Dinner on Nov. 19.

The event at the London Convention Centre will mark 20 years of spinal-cord research at the Schulich School of Medicine & Dentistry's Robarts Research Institute. The institute is credited with making breakthroughs that improve the lives of people living with spinal-cord injuries.

Tickets are $250 each and are available by clicking on the event banner at schulich.uwo.ca.

Alec Baldwin THE ASSOCIATED PRESS FILE

During the November dinner, Baldwin will take part in a discussion about pressure placed on universities to produce research findings and the politics involved. METRO

Funding shortfall

Afrofesta London 2012 cancelled

Leaders of Afrofesta London say they're cancelling the August festival because funding has come up short.

A statement posted on the organization's website Monday says organizers were "denied crucial funds" from the city. Patricia Kiwanuka, the group's president, said organizers had applied for two city-sponsored grants and found out recently they weren't chosen for the money.

The group had secured about $20,000 in private sponsorships and in-kind donations, a $10,000 grant from the Ontario Cultural Attraction Fund and a matching grant from the Citizenship and Immigration Multiculturalism Fund.

"We will continue to reach out to local businesses, community members, and most importantly the mayor and city council, in an effort to save Afrofesta London 2012," Kiwanuka said in the statement. An Afro-Caribbean carnival celebration will be scheduled for the Aug. 11 weekend to help raise money for next year's festival. METRO

Image makeover. Richmond Row gets a 'slick' new look

Richmond Row is sporting a new look. The merchants' association representing businesses along the strip has put new red, green and blue banners on streetlights featuring what association board member Brad Scrinko calls the row's new "slick" and "sophisticated" logo.

The new Richmond Row logo CONTRIBUTED

A new directory, featuring a map of the businesses, has been placed at local tourism stops and at richmondrow-london.com. The rebranding aims to portray Richmond Street as a hub of trendy shopping, eateries and service-related businesses. It's the first brand update in five years, Scrinko said. METRO

London Majors

Local yogis step up to the plate

Labatt Park will be overrun by yogis Tuesday as part of Moksha Yoga's Day at the Park with the London Majors.

Members of the London hot-yoga studio will be participating in acro-yoga demonstrations, throwing the first pitch and leading a "seventh-inning stretch," all in the name of the MYLondon Yoga Project.

"This is a program that brings yoga to under-serviced, disadvantaged, at-risk and incarcerated members of the community," Rob Thomaes, co-owner of Moksha Yoga London and London West, said about the project. "We're a yoga studio, but we're a community agency first."

"This event is about getting the word out."

A portion of ticket sales from the Majors game will be donated to MYLondon along with proceeds from a 50/50 draw.

Visit mokshayogalondon.com for more.

AMANDA GRANT/FOR METRO

Members of London's Northeast Dynamic Dozen have a little fun Monday while posing for a photo at Carling Arena. AMANDA GRANT/FOR METRO

Dancing in the street: London's Dynamic Dozen make a return

Youth program. The city's three flash-mob dance teams will surprise residents with pop-up shows during the summer months

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Imagine waking up, pulling on a pair of track pants and heading to a job where you spend the day grooving to your favourite songs.

That dream job became a reality for some youths on Monday, as they started training as part of London's three Dynamic Dozen flash-mob teams.

Made up of high school students chosen through open auditions, the teams will surprise Londoners throughout the summer with pop-up dance shows and workshops.

"The youth are really in disbelief that they can get paid to do what they love," said Danielle Carr, leader of the team representing northeast London. "This is about celebrating something young people are good at and taking that skill into the community."

The program, now entering its third year, is a partnership between the city, the London InterCommunity Health Centre, Youth Opportunities Unlimited and the London Public Library.

Marking its third year, the program is open to teens 15 to 18 years old. Funding comes from the Ministry of Children and Youth Services. The dance teams surprise children at day camps, volunteers at charities and Londoners out and about on their lunch breaks.

"We are a supportive surprise," said Isiah Aslam, 16, a peer mentor with the program.

"We go to events that need support, and we give it to them. We help people break out of their shell."

Quoted

"The youth are really in disbelief that they can get paid to do what they love."

Danielle Carr, leader of the Dynamic Dozen team representing northeast London

Performances

- Keep your eyes open this week as the Dynamic Dozen teams launch their 2012 season. The first performances are expected to hit downtown on Friday.

Nathan Riva CONTRIBUTED

Former 'Stang off to Winnipeg

Former Western University Mustangs running back Nathan Riva has inked a contract with the Winnipeg Blue Bombers.

The Canadian Football League squad announced Monday that the five-foot-11, 195-pounder is their newest non-import signing.

Riva, 22, will begin his professional football career on the Bombers' practice roster.

Winnipeg is currently winless right now, after two regular-season games. They've been outscored 74-46 in those contests.

Despite not being picked in the 2012 draft, Riva was signed by the Saskatchewan Roughriders for a tryout. He was released shortly after.

In four seasons with the Mustangs, the LaSalle native rushed for 3,080 yards and 33 touchdowns along with 960 receiving yards and nine touchdowns. Ten of those touchdowns came in 2009, a breakout year for Riva during which he carried the ball 98 times for 606 yards.

In 2011, Riva fought for playing time with Tyler Varga, who was named national rookie of the year. JOHN MATISZ/METRO

Refugee health benefits

Kenney invites praise for cuts

If you want to sign a petition thanking Immigration Minister Jason Kenney for his efforts to reduce health benefits for refugees, look no further than his own website.

"We, the undersigned, thank Jason Kenney for his efforts to streamline benefits afforded to refugees (sic) claimants under the Interim Federal Health Program (IFHP) and bring them in line with the benefits received by taxpaying Canadians, including new Canadians," says the petition. A spokeswoman for Kenney emailed a statement saying thousands of people have signed the petition. TORSTAR NEWS SERVICE

Don't mess with DJ

Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls. "Man, you ... picked the wrong house," he wrote wrote on Facebook. "Mau5 is gonna find you." THE CANADIAN PRESS

Record-breaking

Man's Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than 2 million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school teacher from Long Island hopes to reach the 3 million mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness world record for high mileage vehicle since 2002.

He bought his beloved car on June 30, 1966, for $4,150 at the age of 25, "a whole year's salary." THE ASSOCIATED PRESS

Irv Gordon in his hardy Volvo. SETH WENIG/THE ASSOCIATED PRESS

Detention law may impact mental health

Bill C-31. Doctors cite research to argue for minimizing detention

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those under 16 can be informally detained with their parents or released to child care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday.

"Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required ..." THE CANADIAN PRESS

Research on refugees

- **U.K.** After a median 30 day detention, 76 per cent of detained claimants were clinically depressed, compared with 26 per cent of a non detained sample.
- **U.S.** After a median detention of five months, 86 per cent of claimants showed clinical depression, 77 per cent had clinical anxiety and 50 per cent had clinical post-traumatic stress disorder.

Canadian chef Anthony Sedlak is seen at his home in Vancouver, B.C., in this 2008 photo. Sedlak died Friday at the age of 29. DARRYL DYCK /THE CANADIAN PRESS FILE

Renowned Food Network chef Anthony Sedlak dead at age 29

A young and promising chef is being remembered for his warm personality, passion for his craft and skill in the kitchen. Food Network Canada said the untimely death of Canadian celebrity chef Anthony Sedlak is a terrible loss.

Sedlak was just 29.

A statement issued by his family said Sedlak was found dead in his North Vancouver, B.C., apartment on Friday, July 6, after collapsing from an undiagnosed medical condition.

Sedlak was best-known as the host of Food Network Canada's The Main, and a judge on Family Cook Off, as well as author of the national bestselling cookbook, The Main.

Sedlak's culinary career began in his teens, with completion of a specialized program and four-year apprenticeship, and he was barely in his 20s before he had spent almost two years at Michelin Star-rated La Trompette, in London, England. He was 23 when he won a silver medal representing Canada at the World Junior Chef Challenge in New Zealand, and just months later, he captured The Food Network's Superstar Chef Challenge.

"Anthony became a much loved member of the Food Network family, entertaining and inspiring fans through four seasons of The Main and his latest venture, Family Cook-Off," the network said in a statement Monday. THE CANADIAN PRESS

Texas. Border agents shoot Mexican citizen

A Mexican citizen has been fatally shot by U.S. Border Patrol agents on the border with Texas in an incident that the Mexican government is calling a disproportionate use of force.

The Border Patrol said Saturday that agents had opened fire along the Rio Grande on the Texas-Mexico border after being pelted by rocks and having a gunman point a weapon in their direction from the Mexican side of the river.

The agency said it did not know if anyone else was hurt, but the FBI was investigating.

The Mexican Foreign Ministry said late Sunday that a citizen had been killed by a gunshot fired by a U.S. agent at the Los Tomates-Veterans international bridge. It did not identify the victim or provide details about the incident.

Mexico said its consulate in Brownsville had sent U.S. authorities a message demanding an exhaustive investigation without regard to the consequences.

"The Mexican government has said once again that the disproportionate use of force for purposes of immigration enforcement is unacceptable under any circumstances," the Foreign Ministry said. THE ASSOCIATED PRESS

South Sudan. Capital celebrates first birthday

Tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war.

Dance troops gave traditional performances and armed forces put on a parade that featured the country's fiercest pieces of weaponry: two attack helicopters. The sun was so intense that several soldiers were carried off in stretchers.

President Salva Kiir addressed the country's number one threat: a return to war with Sudan. "Since our independence, Khartoum has continuously violated our sovereignty through aerial bombardments and ground incursions," he said. THE ASSOCIATED PRESS

SHANNON JENSEN/THE ASSOCIATED PRESS

Jordan. MP accused of attempted murder

A Jordanian MP is being investigated after pulling a gun on his opponent in a live TV talk show, a prosecutor said Monday.

Mohammed Shawabka pointed his pistol at Mansour Seif-Eddine Murad after the former guerrilla-turned-politician called him a "mafia thief" during a prime-time debate late Thursday covering Jordanian politics and the Syria's uprising. The debate was aired on the private Jordanian Josat satellite station.

"He was going to shoot me and he should be punished for that," said Murad, an outspoken activist affiliated with Arab nationalist groups who support what they consider to be Syrian President Bashar Assad's defiance of Western "colonialism."

He said he filed a complaint against Shawabka at Amman's First Instance Court earlier Monday, accusing him of attempted murder and defamation. Shawabka declined comment. An Amman prosecutor said the court will soon decide if there is enough evidence to bring charges.

The fight began when Shawabka accused Murad of being an Assad "spy," who then accused Shawabka of being a Mossad agent. THE ASSOCIATED PRESS

Abbas OKs exhumation and autopsy of Arafat

Investigation.
Palestinian president agrees to have body tested after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian officials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. "We are seeking the truth, and every single Palestinian is seeking the truth, and we cannot reach the truth without it (exhuming the remains)."

THE ASSOCIATED PRESS

Members of a Palestinian honour guard stand next to the tombstone of Yasser Arafat. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Taliban

Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops, while other militants launched suicide attacks on two police headquarters that left 20 people dead, according to officials.

The six Americans were killed when a bomb struck their armoured vehicle.

THE ASSOCIATED PRESS

West Bank

Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, a move that would defy international opposition to settling land Palestinians want for a future state.

The report reaffirmed Israel's long-standing position, at odds with most of the world, that the West Bank is not occupied territory and therefore Israel has the legal right to settle on it.

THE ASSOCIATED PRESS

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Canadians aloof to tightened mortgage rules

Money matters. Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

New mortgage rules went into effect Monday in Canada, but a recent survey suggests many people are unfamiliar with the changes.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent to the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government insured mortgages — giving borrowers less time to repay the debt in full.

The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long term goals," said Laura Parsons, a mortgage expert at Bank of Montreal.

"The recent changes are prudent, measured, responsible and timely, and will have an effect on how Canadians purchase property, so it's more important now than ever to seek clarity on the current guidelines in place."

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

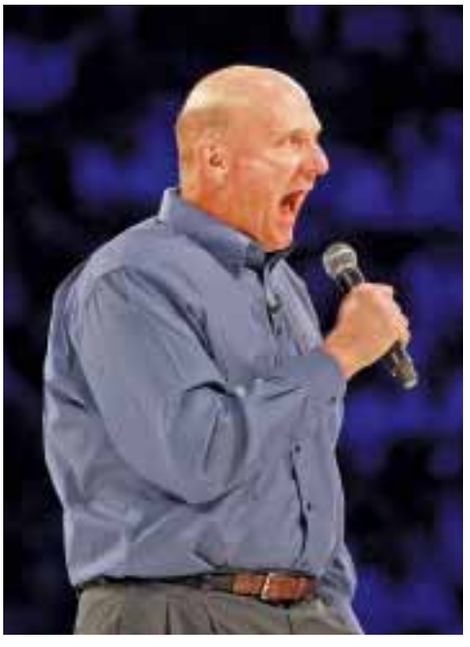
Finance Minister Jim Flaherty announced the new rules on June 21.

THE CANADIAN PRESS

Lines of credit

65%

The limit for home equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.



Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his wireless microphone stopped working at the Microsoft Convention at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Microsoft Corp. announced that computers running on Windows 8, the next version of its Windows operating system, will go on sale in October. Applications will appear in a mosaic of tiles on Windows 8. The compnay also designed the operating system so it can run on personal computers or touch-based tablet computers. Windows 8 is being counted on to help revive demand for laptops and other personal computers.

STEVE RUSSELL/TORONTO STAR

Legal fight

AT&T drops $1M phone bill lawsuit

The phone company AT&T Inc. has dropped its legal fight against a Massachusetts businessman whose company was on the hook for a fraudulent million-dollar bill.

The telecommunications company says in a statement Monday that it is no longer pursuing its claims against Michael Smith, "though we are entitled by law to collect the amounts owed." Smith says someone hacked into his small manufacturing company's phone system in 2009 and made nearly $900,000 US in calls to Somalia. AT&T sued Smith for $1.15 million to recover the cost of the calls plus interest.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.11¢ US (-0.06¢)

TSX 11,634.67 (-25.28)

OIL $85.99 US (+$1.54)

GOLD $1,589.10 US (+$10.20)

Natural gas: $2.88 US (+11¢)
Dow Jones: 12,736.29 (-36.18)

SO MANY THINGS WRONG WITH THIS PICTURE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Something strange happened last week; a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Stars without Photoshop

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because just like us, they also suffer from the effects of sun damage and bad lighting, and too much tequila the night before.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopofHorrors.com (see exampled pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.

Oops! Did you still want that limb?
NICK MCGLYNN/PHOTOSHOPOFHORRORS.COM

Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realness of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because just like us, they also suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and preferably, with all of their limbs intact.

Follow Jessica Napier on Twitter @MetroSheSays

It's the real toy storeys

LEGOLAND WINDSOR

Crazy construction

Brits build world's tallest Lego tower

As it's Olympic year, the Brits are keen to break records. Britain has reclaimed its record for the world's tallest tower made from pieces of Lego from South Korea. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London.
METRO

Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

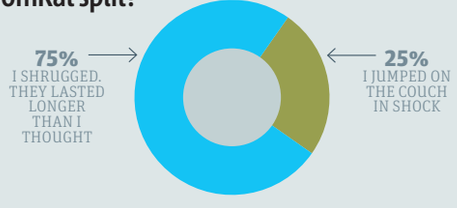
Tower in detail

- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What was your initial reaction to the TomKat split?



Twitter

@LondonFringe: GRRRR. CD player seems to have crapped out. My energizing cleaning music is out of the question. goal may not get accomplished today.

@victordejongxfm: Every time I see #Ornge fly over I think fondly of Deb Matthews #ldnont

@JuanRomualdo: So the bus is stuck on my way to the office this morning, great way to start the week #ldnont

@CanadaSunfest: Thanks #Ldnont for the best Sunfest ever! We moved way ahead in Canada's Best Festival contest Vote bit.ly/MDJalP

@wa2fly: Another year of fun at sunfest.. thanks to all promoters,supportrs,volunteer,vendors,artists and all that came to celebrate.#Ldnont

metro

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2 SCENE

Scene in brief

Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn. The family appears on Keeping Up With the Kardashians.
THE ASSOCIATED PRESS

On the web

For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

Between the mega-success of this spring's The Avengers — with a worldwide take of more than $1 billion — and the anticipated arrival of The Dark Knight Rises later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR
Metro World News in Hollywood

Comic-Con sneak peek

Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's Batman series for example — the big question is what will be keeping fans lining up for the next few years.

The Hobbit: Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week, so hopefully he'll have something exciting.

Iron Man 3: While filming hasn't started yet on the franchise juggernaut and Avengers followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

Elysium: Visionary filmmaker Neill Blomkamp is bringing in some big guns for his followup to 2009's District 9, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

Django Unchained: We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.

The Hobbit. HANDOUT

Benedict Cumberbatch GETTY

TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

The Walking Dead: The popularity of the zombie drama's first appearance at Comic-Con two years ago caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

Community: The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take with new bosses — and a reduced episode order.

Elementary: The BBC's modernized Sherlock, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in Frankenstein last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. Organizers are taking full advantage of the date, with zombies proving to be the hot ticket his year. (Sorry, Twilight fans.)

Zombie Walk: Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter, marching — very, very slowly — for "undead rights." And 300 lucky participants will receive tickets to FEARnet's exclusive Con of the Dead after-party Friday night.

The Walking Dead Escape: The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create an epic zombie apocalypse survival course. As of press time, tickets to be one of the zombies had sold out, but attendees still have a chance at trying to survive the course unbitten.

The Walking Dead HANDOUT

Zachary Levi HANDOUT

Parties

As Hollywood has taken over Comic-Con more and more, the party scene surrounding the convention has gotten a bit ridiculous. And while the whole neighbourhood feels like a nerd-filled Mardi Gras each night, some tickets are definitely hotter than others.

The Entertainment Weekly/Syfy Party: The premiere event of the Comic-Con party scene takes over the Hard Rock Hotel on Saturday night — but good luck trying to get an invitation.

VH1's Dawn of the Con Party: While most of the evening activities involve guest lists and velvet ropes, Rob Zombie is teaming up with VH1 to throw a party for the people at Petco Park Thursday night. All you need is a Comic-Con badge for free entry.

Nerd HQ 2012: Those looking for a break from the Con can head to this playground set up by Chuck star Zachary Levi and multimedia company Nerd Machine just two blocks from the Convention Center, with all sorts of fun toys from Xbox and Vizio.

DVD reviews

American Reunion

Director. John Hurwitz, Hayden Schlossberg

Stars. Jason Biggs, Alyson Hannigan, Seann William Scott

●●●○○

American Reunion, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the American Pie franchise factory. Thirteen years has passed since the five lads from American Pie made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, American Reunion manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — American Reunion rehashes the same old gags over a ponderous 112 minutes. It's OK, though, because this troupe has earned our loyalty, and also our sympathy regarding the many indignities of aging.
PETER HOWELL

Comic-Con Episode IV: A Fan's Hope

Director. Morgan Spurlock

Stars. Kevin Smith, Stan Lee

●●●●○

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, Comic-Con Episode IV: A Fan's Hope, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer. He keeps himself off camera as he follows seven people who embody the Comic-Con spirit. Spurlock pulls it all together with infectious brio, making us realize that geeks are people, too, who maybe just dream harder than the rest of us.
PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Salma Hayek ALL PHOTOS GETTY IMAGES

No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's Savages, in which Hayek plays the head of a bloody Mexican drug cartel.

"She's not going to watch this movie," she insists during a visit to The Tonight Show to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."

Katie Holmes

Curtains may be closing on Holmes-Cruise show

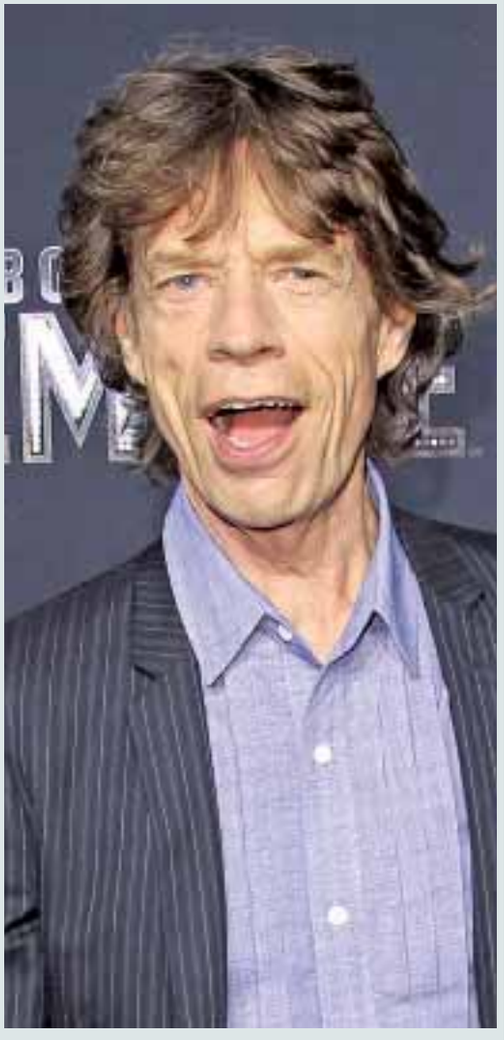
After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter Suri, while Cruise will have generous visitation rights.

As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

The Word



THE WORD
Monica Weymouth
Metro World News in New York

Jolie had no love for Jagger's moves

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: The Wild Life and Mad Genius of Jagger, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single Anybody Seen My Baby.

Although Jolie was married to Jonny Lee Miller at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.

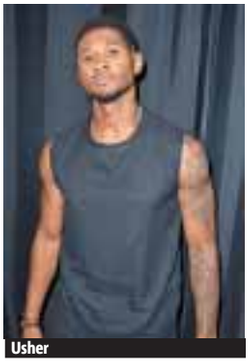
Sienna Miller

The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to Us Weekly. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to British Vogue: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

Usher's stepson involved in tragic accident

R&B singer Usher's stepson, Kyle Glover, has been declared brain dead after a horrific boating accident, according to TMZ. The 11-year-old son of Usher's ex-wife, Tameka Foster, was reportedly riding on an inner tube on a lake near Atlanta over the weekend when he collided with a passing jet ski and was struck in the head, the website reports. On Sunday, Glover was reported brain dead, but he remains on life support.



Usher

Twitter

@ActuallyNPH
Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?

@ebertchicago
As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?

@AlbertBrooks
Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.

@SarahKSilverman
Ironically, "note to self" is only ever said for other people's benefit

3 LIFE

Firming Creams

L'Occitane: Almond shaping delight

This cream works to refine and reshape the contours of your body distorted by cellulite. It's plant-based complex includes Almond tree buds, rich in draining flavonoids, that helps release existing fat cells throughout the entire body. $59 loccitane.com.

Nip + Fab

This feels cool and tingly against the skin and definitely makes if feel tighter. Twice daily application stimulates lipolytic activity (release of fatty acids from fat cells) and reduces the amount of fat deposited in the skin tissues. $28.29 nipandfab.com

METRO

On the Web

Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

Cellulite: with you for life?

Fat. Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA MCGUINNESS
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."

What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible. Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

Beauty Pick

Elemis: Body Detox Skin Brush

HOW TO: Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells.
$47
elemis.com

Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."
Justin Gelband
celebrity fitness trainer

Relax, it's natural. THINKSTOCK

Advice

How you can hide the bumps

MARIA HATZISTEFANIS
Founder of Rodial beauty

Maria Hatzistefanis founder of Rodial beauty, shares her top three cellulite busting tricks:

1 Fake tan: this helps to hide cellulite and makes the skin appear smoother and less bumpy.

2 Drink lots of water: to flush out the toxins in the body that cause connective tissues to harden and form cellulite.

3 Eat whole foods: including plenty of fruit, vegetables, white meat, pulses, low fat dairy products and moderate amounts of lean red meat, eggs, nuts and olive oil. Going teetotal, giving up caffeine, and avoiding all sugary, salty and processed foods also helps.

Best Health

Summer food smarts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In this season of picnics, road trips, camping and BBQs, food poisoning can happen easily if you're not careful. The Summer issue of Best Health magazine offers food safety tips from registered dietitian Sue Mah.

Wash your hands
It's the number one rule any time of year. Take 20 seconds to do it — and you can help kids learn how long that is by telling them 20 seconds is about how long it takes to sing, "Twinkle, Twinkle, Little Star." When soap and water aren't available, use an antibacterial hand sanitizer or wipes.

Keep everything cool
Snacks and drinks should be kept in a cooler or insulated bag with a couple of frozen ice packs. Cold foods must be kept below four degrees Celcius.

Anything warmer than that is in the danger zone where harmful bacteria start to grow.

Raw meat should be packed in a separate cooler away from other food if possible, or at the very least, make sure meat is completely sealed and placed at the bottom of the cooler to prevent juices dripping on other food.

For picnics and BBQs, when food is put out on the table, set it over a bowl of ice.

Use two sets of tools when grilling
In each set, have a pair of tongs, marinating brush and a cutting board.

Use one set for uncooked meats, the other for cooked foods. And always use a thermometer for meat and poultry to ensure bacteria has been killed.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Entertain guests — and taste buds — with unique combo

Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Cinnamon Almonds
- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

Salad
- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

Dressing
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

Health Solutions

Top five fruits

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

Guava
Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

Watermelon
Two cups of watermelon contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

Papaya
Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and fibre in one cubed cup.

Cantaloupe
The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Pink Grapefruit
Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Switching banks is more complicated than it has ever been. ISTOCK IMAGES

Breaking up with your bank is hard to do

Changing banks.
A no-frills financial institution can save you money, but make sure it's right for you

Alison's money rule

Pick the right bank by knowing your current and future banking needs.

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSAs and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than $3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSAs. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp.

Forget about personality and values; let's give facial features its due credit

Facemate. Dating site matches people according to the shapes of their mugs

HEIDI PATALANO
Metro New York

Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several examples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hopefully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes 11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

Advice

Cottage entertaining

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I plan on having several friends and their families up to my cottage later this summer, however I'm not sure if it is OK to ask them to bring things, and if so, how do I ask? I specifically want to ask my friends to help with the food and gas expenses for the boat when they are water-skiing.
Cottage girl

Dear Cottage girl,

Every year this is a common problem amongst cottage-goers and their guests.

Firstly, may I say, if you are lucky enough to be an invited guest, don't wait to be asked, but take the initiative yourself to ask your hostess what you can bring. Have ideas ready for the kind of foods you would like to prepare that would travel easily and cook or reheat easily at the cottage.

Now, as the hostess, have your game plan from the beginning.

When you invite your guests don't be afraid to say, "So Jane I'm really glad you are able to join us, now may I ask if you could please bring one of your world famous lasagnas and caesar salads to the cottage? I would love to serve that for lunch on Saturday. Just so you know, the head count will be four adults and six children."

And finally, the boat gas is the tough question, as you are asking for money.

What about saying something like, "Jane, I hope you understand but with the cost of gas these days, perhaps we can share some of the gas expense for the boat when the kids go water-skiing, as it's really expensive. We have calculated that a tank of gas costs $300 and lasts about four hours."

What's important is being straightforward and honest, but there is no shame in discussing what you need in terms of help to ensure the success of the weekend.

Enjoy!

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Cycling. Armstrong's lawsuit against USADA dismissed for now

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

Herman said he got the message.

"When (Sparks) speaks, I listen," he said. "It doesn't change the legal issues involved or any of the relief that we seek."

THE ASSOCIATED PRESS

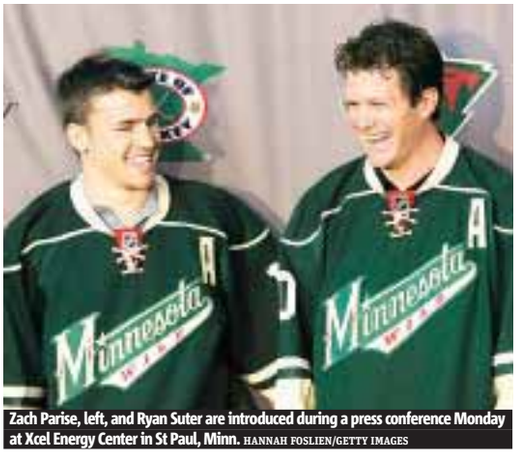
Aggresive move

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

Putting on a show at the home run derby

American League All-Star Jose Bautista of the Toronto Blue Jays at bat in the first round of the State Farm Home Run Derby, Monday, at Kauffman Stadium in Kansas City, Missouri. Bautista is batting clean up for the American League in Tuesday's All-Star game. For derby results, visit metronews.ca. JAMIE SQUIRE/GETTY IMAGES

Parise and Suter are Wild for Minnesota



Zach Parise, left, and Ryan Suter are introduced during a press conference Monday at Xcel Energy Center in St Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

NHL. Team hopes signings are the tip of the iceberg in attracting talent to mid-market team

Minnesota has never been "flyover country" to Zach Parise.

The star forward grew up there, honed his hockey skills there and built a house there to make sure his roots remain in Minnesota for the long term. Yet even in hockey-mad Minnesota, where the passion for the sport may only be rivaled by the country on its northern border, the Twin Cities has always been considered a medium-sized market that doesn't have enough sizzle to lure the biggest names in the game.

When Parise and fellow blue-chip free agent Ryan Suter decided to sign matching 13-year, $98 million contracts with the Wild, part of their aim was to turn Minnesota into a destination for the best pros in the league.

"I think at the end of the day, hopefully, with Ryan and I coming here, good players want to play with good players," Parise said Monday when he was introduced along with Suter at a press conference. "Hopefully that helps influence some people if they need some and we have a lot of friends around the league so hopefully that will help, too."

In the days since the big signings, fans have burned up the phone lines, gobbling up nearly 2,000 season tickets and buying every piece of memorabilia with "Parise" or "Suter" on it that they can get their hands on.

THE ASSOCIATED PRESS

Quoted

"I think Minnesota IS a big-time market. I think it's going to get even bigger."

Ryan Suter, Wild defenceman

Soccer

John Terry racism trial begins

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face to face in court with Queens Park Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of $3,900 if convicted of racial abuse during a game.

Ferdinand, who is black, gave evidence that he had not initially heard Terry use racist language during the game at Loftus Road.

THE ASSOCIATED PRESS

Cycling

Wiggins wins Tour time trial

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS

4 SPORTS

NHL

London's Maclean improving

The Phoenix Coyotes say forward Brett MacLean is improving after going to hospital for a cardiac emergency last week. MacLean will continue undergoing tests with the cardiology team at University Hospital in London, Coyotes GM Don Maloney said in a statement. MacLean, a 23-year-old winger and London native, was taken to hospital after suffering a medical emergency while playing hockey in Owen Sound.

Horse racing

I'll Have Another sold to Japan

The owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for $10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam, who hails from Windsor, made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

Mobile news

It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time. Scan the code to read what else has changed.

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MISCELLANEOUS

Miscellaneous

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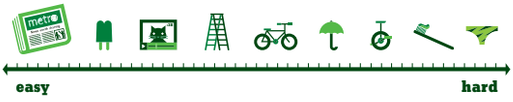

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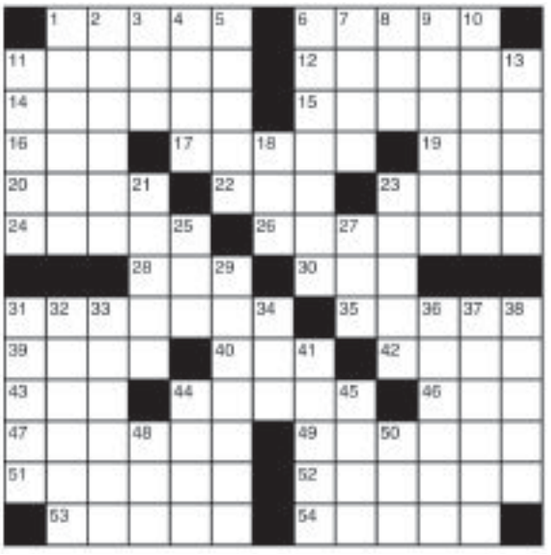
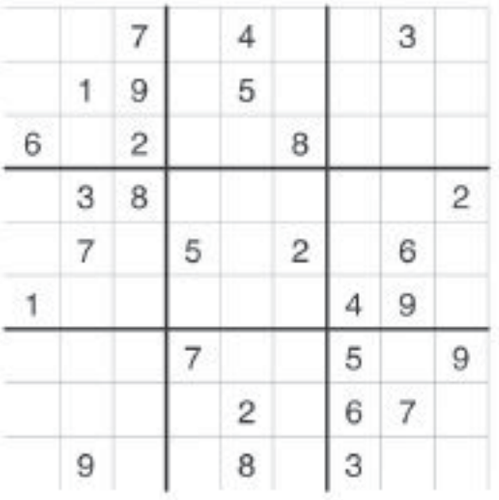
22 First lady
23 Initial stake
24 Show philanthropy
26 Warned
28 Lettuce variety
30 Retainer
31 Less logical
35 Boutonniere site
39 Drudgery
40 Light beam
42 South American capital
43 Summer on the Seine
44 Push away
46 After taxes
47 Swallow's cousin
49 Shopper's venue
51 Walked proudly
52 Napoleon's realm, e.g.
53 Enthusiastic
54 Phone book data

Down
1 Sluggish
2 Progress
3 Journal
4 Seed coating
5 Hiawatha's carrier
6 That guy, to that guy
7 History chapters
8 Craggy peak
9 Straight
10 Jesus' condemner
11 Hit
13 Wrapped in a waxy cloth
18 Zsa Zsa's sister
21 Resident
23 "... with — live girl"
25 Triumphed
27 Wet wriggler
29 More tranquil
31 Particulars
32 Write symbolically
33 Mountain range
34 Eminem's genre
36 Ring site
37 Eastern potentates
38 Starbucks order
41 Red Sea country
44 Amusement-park attraction
45 Odgen Nash's priest
48 Dress (up)
50 Tachometer reading (Abbr.)





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

FBY'LV EBTSVLKTR EDPZ DKA HPUBLKZV PAKPT HBBS KA? K'UV PWLVPSF ZBWS FBY ZDPK PTS ZDPK PRPKT!

Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?

Today's Cryptoquip Clue: U equals V

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

Taurus | April 21 - May 21. You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

Gemini | May 22 - June 20. If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

Cancer | June 21 - July 22. The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

Leo | July 23 - Aug. 22. The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

Virgo | Aug. 23 - Sept. 22. You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

Libra | Sept. 23 - Oct. 22. Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

Scorpio | Oct. 23 - Nov. 21. You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

Sagittarius | Nov. 22 - Dec. 21. Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

Capricorn | Dec. 22 - Jan 20. You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

Aquarius | Jan. 21 - Feb 18. There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

Pisces | Feb. 19 - March 20. Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? SALLY BROMPTON

Caption Contest

"Three heads are better than one."
Monica

RAJANISH KAKADE/ THE ASSOCIATED PRESS

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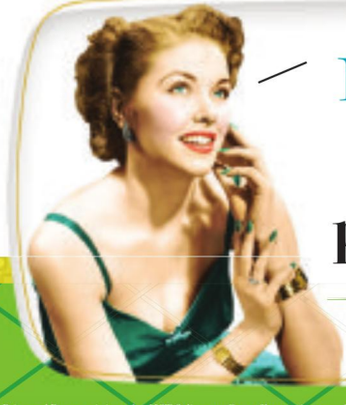

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